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Your essential daily news | THURSDAY, FEBRUARY 11, 2016

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Bryan Dyck is heading a group pushing to have all Manitobans automatically listed as organ donors, unless they opt out.

BRAEDEN JONES/METRO

DONOR CRISIS

Advocates call for presumed consent in province's organ, tissue donations

metroNEWS

NewLeaf eyeing spring relaunch

TRANSPORTATION

Company still waiting on full licensing review



Braeden Jones
Metro | Winnipeg

Those hoping to escape Winnipeg's frigid temperatures this reading week won't have the low-fare option they were hoping for when jet-setting for a little rest and recovery.

Upstart budget airline NewLeaf expected its first customers to be on flights starting Friday, but that won't happen.

That's because the company is still waiting on a licensing review from the Canadian Transport Agency (CTA) to be completed.

Sources say NewLeaf is also working on a spring relaunch while waiting for review to be complete.

NewLeaf had launched Jan. 6 to much fanfare for proposed cheap fares, but by mid-month backpedalled and refunded customers after

saying its position and ability to operate were "ambiguous" while the CTA reviews how it licenses indirect air service carriers.

A source close to the company said there has since been a "groundswell of people willing to support NewLeaf."

A petition on the company's website to "accelerate the review by the CTA of indirect air service providers" had more than 2,000 signatures in the first 24 hours, and led to hundreds of people sending letters to the Minister of Transport.

Gábor Lukács, a Canadian air passenger advocate, says "government should step in" and ensure the agency isn't "overstepping its powers."

NewLeaf and other indirect carriers had been allowed to proceed with their plans pending the CTA's ongoing review, something that Lukács said was "acting out of their boundaries."

CTA spokesperson Jack Branswell said the CTA "has not set a firm timeline to complete its review of the issue," as it is still analyzing feedback from a public consultation that ended Jan. 22.

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Manitoba changing how it counts children in care

CHILD AND FAMILY SERVICES

First Nations advocates are calling the move a 'ploy'

Manitoba is changing how it counts the number of children in its care to exclude hundreds of cases such as Tina Fontaine's amid concerns it is being unfairly compared to other provinces.

The 15-year-old, who was killed in 2014, was placed into the care of Child and Family Services voluntarily by her guardians. Unlike other provinces, Manitoba counts voluntary placements in its total number of 10,293 children in its care.

But changes are being made to how the numbers are reported publicly.

The province will no longer include children who are voluntarily placed in care as part of the overall number. When those 700 are removed, the official number falls below 10,000.

It will also exclude kids who are brought into the system under new customary care legislation in which children at risk of apprehension are placed with a family member in their community.

Both will be reported in a separate category.

Manitoba has continued to come under fire for the large

number of children in its care. It is also facing a provincial election in April and the First Nations children's advocate is calling the changes a "deplorable" election ploy.

"Children's lives, human lives, are reduced to be ploys in their campaign tactics. It's deplorable," said Cora Morgan.

Family Services Minister Kerri Irvin-Ross said Manitoba is just levelling the playing field. There is a world of difference between apprehension and a voluntary placement, she said.

"They're reaching out to us and saying, 'Please come and help us.' They can come at any time and say, 'I want my child back,'" she said. "It's very different than a case of a child coming to school with bruises and Child and Family Services being called ... and feeling they have to apprehend for the child's safety."

Neighbouring Saskatchewan — a province of a similar size — has about 4,000 children in care. Alberta and British Columbia each have more than 7,000 kids in child welfare.

Conservative critic Ian Wishart said other provinces do not count kids placed voluntarily into care because there are so few of them.

"They're trying to make it look like they're reducing the number and making progress downward but, the reality is, they are still responsible for that many kids in one form or another," he said.

THE CANADIAN PRESS



Tina Fontaine, who was murdered in 2014, would be excluded from the new tracking system.

CONTRIBUTED

INVESTIGATION

Employer looks into former adviser

A former adviser to Manitoba Premier Greg Selinger is being investigated by her employer and the Opposition Tories are demanding details.



Heather Grant-Jury HANDOUT

Heather Grant-Jury, a long-time labour activist who worked for five months as a top adviser in the premier's office, has been dropped from the board of a Crown agency, a provincial NDP election committee and her decade-long job at a training centre run by the United Food and Commercial Workers union.

No one has released details of what sparked the actions. A government source, speaking on condition of anonymity, said that concerns came to light late last year that money may have been misused at the training centre, where Grant-Jury was the director.

"Heather Grant-Jury is no longer employed by the UFCW Local 832 training centre. We are conducting an internal investigation and have no other details to provide," union spokesman Blake Crothers wrote in an email.

The Winnipeg Police Service said it has received a report from the union, but would not comment further.

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FEDERAL BUDGET

Infrastructure cash promising: Mayor

Mayors from across Canada, including our own, are back at city business this week after returning from Ottawa, where they pitched the federal government on how billions of highly anticipated infrastructure dollars should flow into municipal hands.

Brian Bowman said that last week's Big City Mayors' Caucus meeting — organized by the Federation of Canadian Municipalities — offered "unprecedented" access to Prime Minister Justin Trudeau and senior cabinet ministers, most notably to discuss infrastructure spending.

"I'm very confident we'll see some positive changes in the upcoming (federal) budget," Bowman told reporters Wednesday.

One of the asks from the mayors to the feds is to increase their contribution to

the Build Canada Fund — a cost-shared pool of money for infrastructure — from one-third to 50 per cent.

"We'll obviously wait now to hear from the federal government if they're receptive to that, but all the signals were very positive from the prime minister," said Bowman.

Bowman noted that specifics were missing from last week's talks.

STEPHANIE TAYLOR/METRO

+ SUPPORT

One of the projects Bowman hopes could receive more support is the \$155-million plan to build a new underpass on Waverley Street. The feds have already pledged \$45 million.

WAVERLEY STREET

Underpass project returns to city hall

Plans to ink a \$155-million underpass project on Waverley Street into the 2016 capital budget will return to city hall this week.

A special meeting of the infrastructure-renewal and public-works committee has been called Friday to deal with the matter, held over until council received a full briefing on the cost-breakdown of the project.

In the report, staff outline the importance of moving forward with finalizing the infrastructure plan in the upcoming budget, pointing to a potential delayed opening if the project is not OK'd immediately.

"In order to achieve the project timelines, consulting

engineering services must commence in early 2016 so that construction can commence by 2017," the report reads.

The city instructs it will pay no more than \$12.3 million to Dillon Consulting Limited for detailed design work and other construction services.

Other steps that staff stress need to be taken sooner rather than later include securing up to \$45 million in funding from the federal and provincial governments, the report reads.

A notice of motion was tabled at the January council meeting in order to ensure the project would appear at the upcoming meeting Feb. 24. STEPHANIE TAYLOR/METRO



Mayor Brian Bowman speaks with reporters at city hall on Wednesday. STEPHANIE TAYLOR/METRO

Bowman likes organics pickup — 'in principle'

COMPOSTING

Looks to public consultation to weigh potential program costs



Stephanie Taylor
Metro | Winnipeg

Winnipeg's mayor says he supports a citywide adoption of a composting program "in principle," but like many locals wants to see the price tag first.

After Wednesday's executive policy committee, Brian Bowman told reporters that concerns around the fees associated with implementing

an organics pickup program are legitimate.

It's reasonable, he added, to ask questions like what it would mean for those who already compost (such as his own family) and might have to foot a new bill.

"The question ultimately is how much are we prepared to pay for (organic waste pickup), because it is expensive," Bowman said.

"No decisions have been made on proceeding, and if so, in what manner. That's why we need the public consultation."

Last week, the city revealed plans to move forward with public consultations as soon as this month or next.

There, residents will be presented with three options with



The question ultimately is how much are we prepared to pay.

Mayor Brian Bowman

three different annual fees, which range from \$55-100.

The basic program would see only fruit and vegetable waste collected and would cost households an extra \$55-65 annually.

Collection of all food waste, including dairy and meat products, would cost homeowners between \$60-70, while a more enhanced program that would collect animal as well as food

waste would mean a fee upward of \$100 per home.

Building a new organics-processing facility would also be part of the plan, according to city staff.

On Wednesday, Bowman said the costs of building such a facility would be part of the ongoing discussions.

"We need to hear from Winnipeggers whether, and how, they would like to proceed with potential organics composting."

Besides the bottom line, Bowman pointed to the environmental benefits adopting a composting program would carry, citing the amount of greenhouse gases emitted from the Brady Road Landfill as one example.

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Default organ-donor law sought

HEALTH

Lobbyist says province has a supply crisis



Braeden Jones
Metro | Winnipeg

Twelve-year-old Alexis Siebrecht recently built an igloo with the snow that a plow left across from her home.

She plans on skateboarding this spring and really wants to go to the Cindy Klassen Recreation Centre pool to “jump off the highest diving board” some day soon.

But this time last year, “I just couldn’t walk up the stairs,” Alexis said.

“A year ago today she was in the hospital jaundiced and not very well, waiting for a liver transplant,” said her mother, Liz Siebrecht.

She recounts how Alexis “received her gift of life” in the form of a liver from a deceased donor in June 2015, about a year after she was put on the liver transplant list.

“It’s hard sometimes,” Sie-



Alexis Siebrecht goofs around at a press event Wednesday. BRAEDEN JONES/METRO

brecht said. “I’m reflecting back today and I’m like, ‘Oh my goodness, how did I get through that?’”

That pain, and the uncer-

tainty of waiting on the transplant list is why she and her daughter attended a campaign launch to lobby for “presumed consent” legislation Wednes-

day.

Bryan Dyck is heading a group called “Manitobans for Presumed Consent” to push for a switch from the current

system of having organ donors register to one in which everyone is presumed to be a donor, unless they opt out.

“Manitoba has an organ- and tissue-donor crisis,” Dyck said, adding the demand “far exceeds the availability.”

In 2012, 230 Canadians died while on organ-donor waiting lists, something Dyck says is unjust. He thinks presumed-consent legislation could increase organ and tissue donation rates by as much as 30 per cent.

“The time for action is now,” he said, calling it an election issue.

“I’ve spoken with members of the NDP, PC and Liberals,” he said.

“This is neither left-wing nor right-wing legislation, but one that should be embraced by all sides because it would benefit all Manitobans.”

Besides increasing donations, Dyck said, it could also reduce health-care costs overall.

“Compared with (dialysis), a transplant leads to savings of

approximately \$350,000 per patient over a five-year period,” he said, noting that at last count in 2012, there were 1,034 dialysis patients in Manitoba.

One of those patients, Blair Waldvogel, 50, says the wait for his kidney transplant has been “frustrating, disappointing and discouraging.”

“I feel guilty dragging my family through this time,”

he said, noting he’s been on the wait list since he was 44 and has been told he has another two or three years of waiting left. “That goal or that time getting pushed further out gets discouraging,” he said.

Waldvogel agrees with Dyck in that presumed consent and increasing the donor base “as part of a boarder approach to how you deal with organ donation is a good way to give it a push.”

Currently, about 10 per cent of Manitobans who are medically cleared to donate organs do so. “That means our current system is 90 per cent ineffective,” Dyck said.

10%

Percentage of Manitobans medically cleared to donate organs who do so



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Ballet presenting world premieres

2016-17 SEASON

Lineup will feature both new and classic

The Royal Winnipeg Ballet launched its 77th season with a mix of classic and new shows for the upcoming year.

The RWB will present a total of six shows, including a new ballet choreographed to Claudio Monteverdi's *Vespers, 1610*, and the return of RWB's *Dracula* in October.

"In keeping with Royal Winnipeg Ballet's unparalleled commitment to new creations, the 16-17 season will feature two world premiere ballets," said André Lewis, RWB Artistic Director. "This season promises to be filled with more excitement because of the incredible diversity of the works presented."

Dracula will open the season in October, running Oct. 26-30. It will be set to a score by Gustav Mahler with opulent sets and costumes. Lewis said



RWB School Professional Division students are ready to perform an "incredible diversity" of works. HOLLY BERARO/RWB HANDOUT

it will be faithful to the novel.

The season is rounded out with *Nutcracker*, from Dec. 22-31, Agnes de Mille's *Rodeo* alongside *Angels in the Architecture* Jan. 27-28, *Q Dance* from March 30-April 1 and *Spotlight* from May 25-27.

Vespers, 1610 runs May 10-14.

"The RWB Professional

Division students will move your with their genuine love of dance and vibrant, infectious energy and impress you with their athleticism and technique," said Lewis.

"Past performances have included works from *La Bayadere*, *The Misadventures of Pinocchio* and *La Fille Mal Gardée*."

METRO

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Police seek new copter cam

LAW ENFORCEMENT

Infrared device has clocked more than 5,000 hours



Stephanie Taylor
Metro | Winnipeg

The Winnipeg police helicopter is in need of a new infrared camera.

Patrol Sgt. Rob Duttchen briefed media on the situation Wednesday, saying the camera has reached the end of its life cycle.

Technically known as a Forward Looking Infrared camera (FLIR), the camera is an integral part of tactical operations to find evidence and track suspects by their body heat, Duttchen said.

"The cornerstone of the aircraft's operation is that camera. When that camera goes down — as it's wont to do — we find ourselves in a situation where we're not able to support frontline resources."



Patrol Sgt. Rob Duttchen briefed media on the situation Wednesday. STEPHANIE TAYLOR/METRO

To highlight the importance of the chopper's infrared function, media were shown video footage of the helicopter first helping save a woman from the Red River, then helping K-9 officers catch a suspect



It just has worn itself out.

Patrol Sgt. Rob Duttchen

on the run.

"The camera is an integral part of AIR1, and without one, its ability to operate at its full potential is greatly diminished," Duttchen said.

He said the replacement

is not a rush move but "at a critical stage."

The service began a review of the camera in 2014 and subsequent budget talks for an upgrade in January 2015.

Since the start of the chopper program in 2010, he said, the service has doled out more than \$20,000 in camera repairs and has arrived at a point where an overhaul is needed that would cost upward of hundreds of thousands of dollars.

"It just has worn itself out," he said, noting it has clocked nearly 5,000 hours of use.

He wouldn't say specifically how much a new camera would cost, but the service has released an estimated figure of \$360,000.

Duttchen said the plan is for both the city and province to foot the bill but "those discussions are ongoing."

He said the search for a new camera began long before the province launched an independent review of the helicopter, which could take more than a year to complete.

"The reality is that the helicopter is worth more with an operational camera on it."

CRIME

Two charged as police bust grow operation

The Winnipeg Police Service has shut down another grow operation, netting 338 pot plants worth approximately \$378,000.

Investigators raided a home on Driftwood Bay alongside a tactical support team Tuesday.

In addition to the plants, police also seized more than \$24,000 in other goods from the Southdale-area house, including \$5,650 in dried plants, \$10,600 in Canadian currency, \$426 in American currency and about \$8,330 in grow equipment.

Two Winnipeggers were arrested and face charges of producing scheduled substances, possession of a scheduled substance for the purpose of trafficking and of proceeds of property obtained by crime.

A 38-year-old woman and a 41-year-old man have both been released on a promise to appear before the courts.

BRAEDEN JONES/METRO

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Students feeling 'unsafe' after Pride flag is burned

LGBTQ ISSUES

Raising marked start of OUTweek



Thandi Fletcher
Metro | Vancouver

LGBTQ students at the University of British Columbia say they no longer feel safe on campus after a Pride rainbow flag was found burned on Tuesday.

Rachel Garrett, a co-ordinator for UBC's Pride Collective, said emotions are running high for the student-run society after learning that the flag was set on fire.

"It's been a rough day," Garrett told Metro. "A lot of us are definitely feeling very unsafe right now and that's a very unsettling feeling to have, especially in a city that is seen as so inclusive and on a campus that is seen as so accepting."



Coun. Tim Stevenson holds the Pride flag before it was raised at Vancouver City Hall on Wednesday in solidarity with the University of British Columbia. COURTESY VANCOUVER MAYOR'S OFFICE

The flag was raised Friday at the opening ceremony for UBC Pride Collective's OUTweek activities.

Early Tuesday, two group members discovered the flag was

missing and contacted officials, who determined the flag had been burned on the weekend.

In a statement, UBC officials said campus security and RCMP are investigating. "UBC

condemns this incident as an act of hate and in contravention of the values of equity, inclusion and respect deeply held by the university community," the statement reads. "The university

“We’re really standing strong through this.”

Rachel Garrett

encourages student initiatives such as OUTweek as they provide a supportive and inclusive environment for students to explore topics around gender and sexual identity."

Although it's unclear what the motivation was, Garrett said Pride Collective cancelled a march in support of transgender people planned for Wednesday due to safety concerns. Other OUTweek events will continue as scheduled, she said.

"The history of Pride is a history of activism," Garrett said. "It really does show us why OUTweek is important and why we work to create this safe spaces in the first place, because they are so crucial."

RELATIONSHIPS

Half of women with HIV are single

Although successful treatment can significantly reduce the risk of HIV transmission, nearly half of women living with HIV in Canada say they are not in a relationship.

That's one finding of a study led by a Simon Fraser University team that has revealed high rates of sexual inactivity and dissatisfaction among women living with HIV in Canada.

Allison Carter, a PhD candidate at SFU, is hoping to change that. "The main message from our research is that HIV-positive Canadian women can and do enjoy meaningful intimate relationships and healthy sexuality after HIV," Carter told Metro.

"We've done a great job of using medicine and education to prevent HIV, and now we really have to teach people about how you can love someone with HIV."

With a team of researchers, Carter is working to normalize sex and intimacy for women with HIV.

THANDI FLETCHER/METRO IN VANCOUVER

IN BRIEF

Feds to give green grants

A \$31.5-million funding announcement is a taste of what municipalities could do with billions in promised infrastructure money from Ottawa, municipal leaders say. The Green Municipal Fund will support capital projects and support planning, field tests and studies related to future green projects. THE CANADIAN PRESS

Refugee teen released after near-drowning

A 13-year-old Syrian refugee has been released from hospital after nearly drowning in a pool at a Saskatoon hotel. THE CANADIAN PRESS

Ghomeshi won't testify

As the sexual-assault trial of Jian Ghomeshi neared its final stages, it became clear the former broadcaster would not take the stand. Closing submissions begin today. THE CANADIAN PRESS

Sajjan thanked for trainers

U.S. Defence Secretary Ash Carter thanked his Canadian counterpart Harjit Sajjan for tripling the contingent of military trainers in Iraq. It was the first face-to-face meeting between the two ministers and came at a gathering of NATO defence ministers. THE CANADIAN PRESS

FEDERAL BUDGET

Deficit could total \$90B over 4 years

The country's dampened economic prospects could put the Liberal government on pace for \$90 billion in deficits over its four-year mandate, a new report said Wednesday.

Research by the National Bank of Canada predicts the public books will sink deeper into the red due to the combination of a hobbled economy and Liberal promises of billions in fiscal stimulus.

The report offers a look at the degree of pre-budget fiscal pressure on the new government, which faces the dilemma of juggling election vows with the reality of the fading economy. The Liberals' first budget is expected late next month.

"Repeated downgrades to the national growth outlook have ... dealt a heavy blow to the federal budget balance," wrote Warren Lovely, the bank's managing director of public-sector research.

To help illustrate the impact of lowered expectations, Lovely said that if the bank's worsening economic forecasts eventually unfold, then Ottawa

could lose \$50 billion in revenue over the next four years. He said the current environment of lower-than-expected interest rates will help offset the cost "a bit."

His \$90-billion shortfall figure also accounts for Liberal electoral commitments, which he says amount to \$38 billion in new spending over four years.

The Liberals have promised to run deficits in the coming years in order to help them spend \$17.4 billion over their first mandate on infrastructure projects. They predict the plan will create jobs and generate economic growth.

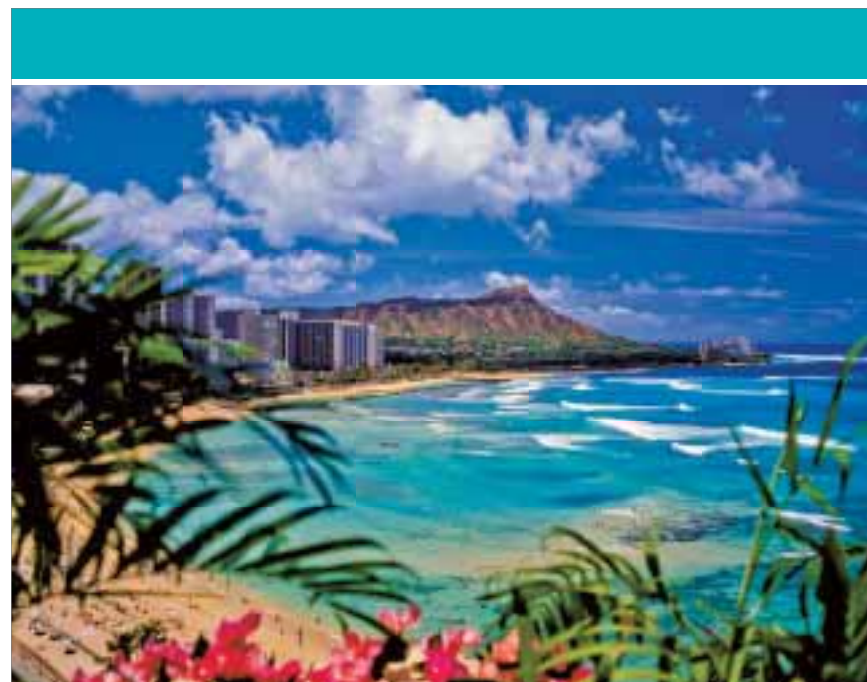
Since coming to power, however, the Liberals have shied away from their election vow to keep annual deficits under \$10 billion as the economy continues to

falter amid falling commodity prices. The Liberals have also promised to balance the budget in the fourth year of their mandate — a goal Lovely says will be difficult to accomplish without tax hikes or spending cuts.

THE CANADIAN PRESS

\$38B

Cost pegged for the Liberals' electoral commitments over four years



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WESTJET

Sanders, Trump face challenges

NEW HAMPSHIRE PRIMARY

Stiff tests in Nevada, South Carolina await after big wins

Republican Donald Trump and Democrat Bernie Sanders were moving on Wednesday from commanding wins in the first-in-the-nation New Hampshire primary to more diverse states that will challenge their transformation from outsider candidates to their parties' presidential nominees.

The next Republican contest is the Feb. 20 South Carolina primary. The state is a hotbed of conservative Tea Party groups and evangelical voters that will test Trump's staying power. Next for Democrats is the Nevada caucus on the same day.

Sanders, a self-described democratic socialist, easily beat Hillary Clinton, a former secretary of state and first lady once seen as the all-but-certain Democratic nominee. With more than 90 per cent of the vote counted in New Hampshire, Sanders had 60 per cent to Clinton's 38 per cent.

Trump, the brash real-estate billionaire and television personality who has never held public office, had 35 per cent among the Republicans, with moderate Ohio Gov. John Kasich a distant second with 16 per cent.

Texas Sen. Ted Cruz finished third in New Hampshire, former Florida Gov. Jeb Bush was fourth and Florida Sen. Marco Rubio was fifth. Less than a percentage point separated each of those positions.

"I think they're all really potential threats," Trump said of his rivals Wednesday on MSNBC. "But I'm OK at handling threats."

Kasich, who surged from relative obscurity in New Hampshire, has a poorly funded campaign that will struggle to keep up momentum in South Carolina and beyond.

Sanders' campaign launched ads Wednesday in Oklahoma, Minnesota, Colorado and Massachusetts — all states where they believe he can grow.

Clinton's campaign argues she will perform better as the race heads to more racially diverse states, including Nevada and South Carolina. Both New Hampshire and Iowa are overwhelmingly white states.

Civil-rights activist the Rev. Al Sharpton said he met with Sanders on Wednesday to discuss issues that affect the African-American community but said he won't endorse a candidate until after meeting with Clinton next week.

THE ASSOCIATED PRESS

+ GOP RACE

Christie, Fiorina bow out

New Jersey Gov. Chris Christie dropped out of the Republican nomination for president on Wednesday, a day after his disappointing sixth-place finish in New Hampshire's primary.

Christie dropped out of the race the same day that Carly Fiorina announced on social media that she, too, was calling it quits.

THE ASSOCIATED PRESS



INDIA

Elephant goes on rampage

A wild elephant rampaged through an east Indian town on Wednesday, smashing cars and homes and sending panicked people running before the animal was tranquilized and returned to the forest.

As the frightened elephant ran amok, trampling parked cars and motorbikes, crowds of people gathered to watch from balconies and rooftops. Some followed from a distance as the elephant moved through the streets.

"The elephant was scared and was trying to go back to the jungle," said Papaiya Sarkar, a 40-year-old homemaker who watched the elephant amble down a street.

The elephant had wandered from the Baikunthapur forest, crossing roads and a small river before entering the town of Siliguri in West Bengal state.

Divisional Forest Officer Basab Rai said the female elephant appeared to be a loner without a herd and was likely searching for food.

He said it did not attack any people and appeared to be afraid of them. After several hours, it became clear the elephant was unable to find its way back to the forest.

Authorities eventually shot the elephant three times with a tranquilizer gun and used a crane to lift it into a truck once it had calmed down.

It was then taken to a park for domesticated pachyderms that is maintained by the forest department. Once the effect of the tranquilizer wore off, authorities planned to return the elephant to the forest, Rai said.

Elephants are increasingly coming into contact with people in India, as the human population of 1.25 billion soars and cities and towns grow at the expense of jungles and other elephant habitats. In India and Sri Lanka, more than 400 elephants and 250 humans are killed each year.

India's elephants are also threatened by illegal poachers looking for ivory to sell on the black market. THE ASSOCIATED PRESS

1 A wild elephant that strayed into the town moves through the streets as people follow at Siliguri in West Bengal state, India, on Wednesday. The elephant had wandered in from the forest, crossing roads and a small river before entering the town.

2 People watch as the wild elephant roams through the town.

3 The panicked elephant ran amok, trampling parked cars and motorbikes and frightening residents before it was tranquilized.

ALL PHOTOS THE ASSOCIATED PRESS



AUSTRALIA

Veteran reunites with wartime girlfriend

A 93-year-old American veteran from the Second World War embraced his wartime girlfriend in Australia in their reunion Wednesday after more than 70 years apart.

Norwood Thomas and 88-year-old Joyce Morris laughed as they wrapped their arms around each other after Thomas flew from Virginia to the southern Australian city of Adelaide to reconnect with his long-lost love.

"This is about the most wonderful thing that could have happened to me," Thomas said in a reunion broadcast on Chan-

nel 10's The Project.

"Good," Morris replied with a laugh. "We're going to have a wonderful fortnight."

Morris was a 17-year-old British girl and Thomas was a 21-year-old paratrooper when they first met in London shortly before D-Day. After the war, he returned to the U.S. The pair wrote letters to each other, and Thomas asked Morris to come to the U.S. to marry him. But somehow Morris misunderstood and thought he'd found someone else, so she stopped writing.

The two eventually married other people. Thomas' wife died

in 2001; Morris divorced her husband after 30 years.

Last year, Morris asked one of her sons to look for Thomas online, and they found his name featured in an article about D-Day that ran in The Virginian-Pilot newspaper.

Thomas and Morris reconnected via Skype. After their story went public, hundreds of people made donations to help fund Thomas' trip to Australia from his hometown in Virginia Beach.

The two are planning to spend Valentine's Day together.

THE ASSOCIATED PRESS



Norwood Thomas holds a photo of Joyce Morris at his home in Virginia Beach, Va.

BILL TIERNAN/THE ASSOCIATED PRESS

IN BRIEF

Self-driving cars a step closer to reality

Computers that control cars of the future can be considered drivers just like humans, the U.S. federal government's highway-safety agency has decided.

The redefinition of "driver" by the National Highway Traffic Safety Administration is an important break for Google, which is developing self-driving cars that get around without steering wheels, pedals — or even the need for a person to be inside.

THE ASSOCIATED PRESS

France passes citizenship revocation bill

French lawmakers have approved a divisive bill aimed at making it possible to revoke the citizenship of people convicted on terrorism charges.

The bill, presented by Socialist Prime Minister Manuel Valls in the wake of the Paris attacks last year, passed by 317-199 Wednesday in parliament's lower house, the National Assembly. Many on the left expressed indignation at the move and refused to vote for it. THE ASSOCIATED PRESS

Nostalgia lures customers

MARKETING

Recreating iconic fictional hangouts are part of a trend

This summer in Toronto, Seinfeld fans will be able to dine at a replica of Monk's Café, while Friends enthusiasts will have the chance to get their caffeine fix at Central Perk.

The iconic fictional hangout re-creations are part of a trend as entrepreneurs and restaurateurs evoke nostalgia to lure in customers — a marketing ploy often used in retail.

"If everybody else is doing that, why not restaurants?" said Carol Wong-Li, a senior analyst of Canadian lifestyle and leisure at Mintel.

The entertainment industry has long used nostalgia, she said. Disney recently revamped the Star Wars saga, which has proved to be a boon for Cineplex, while Netflix has revamped beloved shows like Full House and Arrested Development.

For eateries, this strategy helps mitigate risk, said Wong-



Fans gather outside Tom's Restaurant on May 14, 1998 in New York as they prepare for the last episode of TV show Seinfeld. The show used the restaurant's exterior for a set. AFP/GETTY IMAGES

Li, as it provides them with a built-in customer base from the cult shows' fandom.

"Seinfeld is just this cultural phenomenon," said Mackenzie Keast, co-organizer of the upcoming Seinfeld popup diner in Toronto.

He and his three, fellow Se-

infeld-loving friends plan to pay homage to the show by serving foods central to plot lines, like chocolate babka, muffin tops and Kenny Rogers's chicken.

After Keast and his friends announced their plans on Facebook, nearly 30,000 expressed interest in attending the launch



Plans for a Central Perk popup in Toronto are underway as organizers look for locations. FACEBOOK

party July 15. "To enter the world of Seinfeld a bit, I think, is really exciting for a lot of people," he said.

Fans of Friends seem driven by a similar desire. They've flocked to replica Central Perk popups in England and New York. Now, one is set for a brief stint in Toronto this summer.

Joshua Botticelli and two of his friends planned to open it for one day in June. But, after more than 50,000 people said

on Facebook they wanted or planned to go, the trio decided to extend its run to at least three days.

If all those prospective customers do show up to immerse themselves in these TV set replicas, it can pay off financially.

People are more likely to loosen their purse strings when feeling nostalgic, according to a 2014 study published in the Journal of Consumer Research.

THE CANADIAN PRESS

EMPLOYMENT

Health plans tweaked

During his three-year tenure as a financial analyst at one of Canada's biggest banks, Devon Wright never once used his company health plan.

"There was just nothing there that was of any interest to me," says Wright, 28.

So when Wright quit his job in 2012 to launch technology company Turnstyle Solutions, he decided to create a benefits package tailored to his needs.

Turnstyle is one example of how Canadian companies are tweaking their health plans in order to appeal to a new generation of employees in the coming years.

In addition to the standard drug and dental benefits, Turnstyle covers naturopathic medicine, mental health counselling and provides a fitness subsidy.

The Toronto-based startup also offers free, healthy meals — a major perk for 23-year-old Sam Hillman. "This emphasis on living a healthy lifestyle really shows the company's commitment to me as a holistic individual," says Hillman, an account director.

THE CANADIAN PRESS

FAST FOOD

Burger King putting hot dogs on menu

Burger King is looking for a new crown: Hot Dog King.

The Miami-based chain says it plans to put hot dogs on its menu across the U.S. for the first time starting Feb. 23. It may seem like a jarring addition for those who know the chain for its Whoppers. But Burger King says its ability to flame-grill meat makes hot dogs a natural fit on its menu.

"This is probably the most obvious product launch ever," said Alex Macedo, president of

Burger King North America.

With the launch, Burger King says it will offer hot dogs at all 7,100 of its U.S. restaurants — more U.S. locations than any other chain. Smaller chains that sell hot dogs

include Dairy Queen and Sonic Drive-In.

The move comes as Burger King works to push up sales amid in-

tensifying competition, with McDonald's offering breakfast items all day to spark a turnaround, while Wendy's offers a "4 for \$4" deal to get customers in the door. In 2014, Burger

King's sales rose 2.1 per cent at established locations in the U.S. and Canada. Macedo said hot

dogs would build on the chain's momentum given their

growing popularity, including at trendy eateries.

Still, fast-food history is riddled with menu flops, and Burger King is no exception. In 2013, for instance, the chain launched lower-calorie fries called "Satisfries." They failed less than a year later.

Macedo recalled another Burger King failure from the past. "At some point, they tried popcorn. They would give it away for free," Macedo said.

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Burger King hopes hot dogs will help push up sales. ISTOCK

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CHANTAL HÉBERT: ON THE POST-ELECTION POST-MORTEM



Key Conservative and NDP insiders have been delivering some preliminary conclusions as to the cause of their defeats. Their findings are surprisingly interchangeable.

On a week that marks the passing of Justin Trudeau's 100th day in power, key Conservative and NDP insiders have been delivering some preliminary conclusions as to the causes of their October defeats.

Their findings are strikingly interchangeable — with the popular momentum for change somewhat conveniently fingered as a root cause of electoral failure.

In an op-ed piece published on Monday in *The Globe and Mail*, former Conservative campaign manager Jenni Byrne states: "The Liberals won because Canadians had an overwhelming desire for change, the extent to which wasn't fully appreciated until after the campaign had started."

In a memo summarizing the party's campaign review to date, NDP president Rebecca Blaikie reports: "Our campaign presented us as cautious change, which was out of sync with Canadians' desire for a dramatic break from the decade of Harper's rule, a desire we contributed to building."

Those who have kept their ear to the opposition ground since the election will find the refrain familiar. On the right, as on the left, there is no lack of party loyalists looking for solace in the notion that, in four years, the appeal of Trudeau's change agenda will have faded, with the pendu-

lum swinging back their way.

Indeed, Byrne does not exclude the possibility that her party could be back in power as early as 2019. Over on the NDP side, Thomas Mulcair is counting on his prime ministerial gravitas to see him through a leadership review later this year.

Fatigue with the ruling Liberals will eventually set in, although history suggests that could take more than a single mandate. But meanwhile, the Conservatives and the New Democrats, as they look back on their failed campaigns, should take care not to miss the forest for the trees.

I will come back in a future column to the NDP's contention that it offered "cautious change," but first, the myopic inside view from the Conservative backroom.

How is it possible that the party brain-trust underesti-

mated the potential force of the tide for change? It was a current running through public-opinion polls for most of the life of the last Parliament.

Harper was seeking to win a fourth consecutive mandate, a feat for which there is no modern precedent at the federal level.

In provinces such as Ontario, British Columbia and Manitoba, the incumbent parties that had recently beaten the odds and stayed in power beyond a third mandate had all changed leaders along the way.

Not only was Harper staying put for a fifth campaign, there was no compensatory injection of new blood in his team. On the contrary, there was a pre-election bloodletting of government talent.

Byrne credits a strong ground game for the party raking in almost as many votes

(5.6 million) in October as at the time of its 2011 majority victory (5.8 million).

But almost three million new or lapsed voters turned out in October, with the Conservatives ending up with a smaller share of an expanded election pie.

Together the Reform/Alliance and the Progressive Conservative parties lost to Jean Chrétien in 1993, 1997 and 2000 with a larger percentage of the vote than the unified party Harper led to defeat against Trudeau last fall.

The Liberals campaigned to the left of the NDP under a leader with none of the business or political credentials that had made Paul Martin and Chrétien appealing to many soft conservatives. It would be presumptuous for the Conservatives to assume the 2015 contingent of new voters is made up of people who lean to the right.

Byrne also asserts her party shot itself in the foot by tripping the NDP with the niqab issue in Quebec. (She makes it clear it was not her idea.) To win, she contends, Harper needed the NDP to do better.

Fair enough, but isn't the absolute dependency of the Conservatives on a favourable Liberal/NDP split to win an admission that the party has been and is content to fail to thrive on its own policy merits with as much as two-thirds of the electorate?

If that were the case, the Conservatives would — absurdly enough — have a bigger stake in a successful recast of the NDP than in their own post-election makeover.

Chantal Hébert is a national affairs writer. Her column appears in *Metro* every Thursday.

metroview

A terrifying task: Teaching my teens to take the right risks



Darren Krause
Metro | Calgary

Last weekend, my 15-year-old son and I were getting ready for a morning of haircuts, an oil change and, of course, checking the previous night's Lotto Max tickets.

Instead of engaging him in small talk to lubricate his 9 a.m. teen brain, I began with this: "I want you to know what happened last night at Canada Olympic Park. Two teenagers died and six others were injured after they took their own sleds down the bobsled track."

This was, of course, the tragic story of Calgary twins Jordan and Evan Caldwell, and six of their friends.

He was momentarily speechless.

"Why?" he asked, eventually.

"I don't know, but that's why I'm always on you about making sound decisions. I don't want to be the parent who gets a call from police to tell me my son has died."

I was pretty blunt.

I might think that a wilful disregard for our parental authority causes teens to do the ill-advised things they sometimes do. But science tells us that teens come by questionable decisions honestly.

Dr. Kelly Schwartz, associate professor in the University of Calgary's child psychology program, says teens tend to use the emotional parts of their brain — the base region called the limbic system that's

been around in our ancestors for millions of years. They like to feel a rush and tell their friends about it afterward!

Until recently it was believed that by adolescence the brain was 98 per cent developed. Not so, Schwartz says.

The frontal lobe, which processes action and future consequences, isn't fully developed until the 20s. Tack on peer pressure, and it's a recipe for disaster.

When we adults raise an eyebrow over choices our kids make, we're doing so with the benefit of fully developed frontal lobes.

Schwartz offers some basic advice to parents to exercise that teen frontal lobe.

First: Put your kids in positions in which they can either succeed or safely fail. Help them build that library of experience and consequences that they can draw upon when it really matters.

Bad decisions are a part of life. We were all teens once. We've all done something where we cheated death by the narrowest of margins.

I try hard to see things through the eyes of my 15-year-old.

This understanding helps me as I personally try to make sense of this tragedy and try to parlay it into a lesson for all four of my boys. Only time — and experience — will tell if I've done enough.

Darren Krause is the managing editor of *Metro* Calgary. Follow him on Twitter @metro_dk.

THE MICROTREND: What's old is brewed again



The name "compost cocktails" doesn't exactly inspire cheers, so "closed loop" is the moniker mixologists have given to a growing fad: up-cycled alcoholic drinks made with ingredients scavenged from the green bin. A huge hit across the pond, they're the beverage equivalent of the "nose-to-tail" food movement, which has seen dishes such as pig's-head sausage, jellyed tripe and bone-marrow toast pop up in trendy brunch spots across Britain. Perhaps a nip of eggshell-infused vinegar or coffee oil distilled from used grounds doesn't scream "bottoms-up!" to you, but tamer trash-to-treasure tipples — house-fermented fruit scraps, macerated citrus peels — are proving popular with London bar-goers. SOURCE: THE DRINKS BUSINESS

Harper was seeking to win a fourth consecutive mandate, a feat for which there is no modern precedent.

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PARENTING

Author says boys must learn self-expression

Navigating parenthood at a time when masculinity is being re-defined can be a mystifying experience for parents of boys.

Michael Reist, a Caledon East educator, seeks to help parents and teachers understand boys in his new book, *Raising Emotionally Healthy Boys*. The goal is to accommodate boys' needs and encourage them to express their feelings.

What do parents need to avoid doing?

My central thesis is that the No. 1 problem affecting males today is emotional repression. And the question is when does this repression begin? When boys enter school the first thing they experience is a shutdown of their boy energy, their need for movement and space.

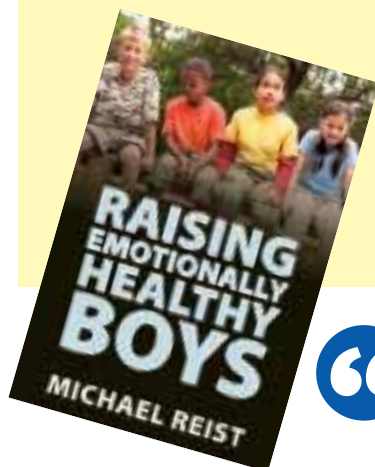
The whole world tells them that there's something wrong with them. By Grade 3 they realize this isn't working for me, I'm not welcome here. My energy is a problem.

My main message, really, is to teachers I suppose when it comes to entering school: We need to do better at accommodating boy energy in school and modifying the environment of school to be more boy-friendly.

You talk about us, as a society, coming to the end of thousands of years of patriarchy. What do you mean by that?

Well, the biggest revolution that we have experienced in

How to raise a modern man



my lifetime is feminism and feminism has totally changed the world.

This history of Western civilization is basically the history of patriarchy where men ruled. Since the 1960s, that has completely changed and the whole dynamic of society,



To be a man is no longer to be silent and strong and the breadwinner. That world has passed away.

Michael Reist, author

the whole power structure of society, has changed. This is a fantastic thing. But women have had incredible role models in feminism.

On the male side, there's been absolutely nothing equivalent to that. Young boys and men are going to have

to retool to fit themselves into this new economy which is about language, which is about connection, which is about relationships.

To be a man is no longer to be silent and strong and the breadwinner. That world has passed away.



ISTOCK

How should we help retool boys for the future?

It all comes back to modeling. Boys need men who are comfortable with their emotions. We've got to get away from the idea of the stupid, irresponsible male — you get the Charlie Sheen (character on *Two and a Half Men*) ... who's only interested in sex and that becomes the ha-ha image of masculinity.

Are you suggesting that parents should all be signing their

kids up for art lessons?

It sounds frivolous. But signing girls up for hockey, that doesn't sound stupid. We really have a problem with boys with the arts, with the so-called soft skills. Creative writing, discussion groups — anything that involves expression of the self — the arts includes drama, dance, singing, all of those things (are positive).

Does one parent over the other typically have more of an impact on boys' emotional health? Mom versus dad?

Mother is still generally the primary caregiver in the early years. Fathers have to increase their role. At puberty the boy needs a model of what it is he's going to become. One of the reasons we have these man boys — playing video games while the wife runs the house — is because of the lack of initiation into positive male manhood.

It's an essential element of emotional health for males to have male role models showing them what positive manhood is.

When you say, "Men are as much the victims of patriarchy as women are," what do you mean?

Men are crushed by the rat race of patriarchy. Their lives are so damaged by the competitive patriarchal world of one-upmanship, the Donald Trump world of, "Take care of yourself, forget about the rest." It doesn't serve women, nor does it serve men. It serves the bullies. Let's change the whole system. Don't just come in here and join the old boys club — let's change the club.

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Musical time warp turns the tables

DEBUT NOVEL

Concert-loving time travellers tinker with past at their peril

Sue Carter

For Metro Canada



When news broke of David Bowie's death last month, devastated fans consoled themselves by playing his music and sharing favourite YouTube videos. Those who were lucky enough to see Ziggy Stardust live recalled witnessing one of rock 'n' roll's all-time greatest performers.

For devoted music lovers, the desire to relive a favourite show or witness a concert from a band's early days comes with fandom. In her debut novel *Every Anxious Wave*, Portland, Ore., author Mo Daviau takes that fantasy a step further when her character, a thirty-something bartender named Karl Bender, discovers a wormhole in his closet that



Author Mo Daviau "wanted to write a feminist novel from a male perspective." COURTESY JON BOLDEN

launches people back in time to see musicians like Queen and Elliott Smith do their thing on stage.

Of course, time travel has consequences. When Karl accidentally transports his friend and business partner Wayne back to the year 1980 instead

of 1980, he enlists the help of Lena Geduldig, a young, music-geek astrophysicist who wears her damaged past like an impenetrable suit of armour.

The plot shifts into an unlikely love story, and a reminder that messing with the past isn't always such a great idea.

The book's concept came to Daviau — who grew up on Sassy magazine, and was a college-radio DJ at Smith College during the 1990s — as she was at home alone one night, feeling sorry for herself.

"I had this idea that if I just cranked a song up loud enough

I could break the space-time continuum and be transported back to 1995 and make different adult life choices for myself," she says. "I turned it up, but of course it didn't happen."

From the beginning Daviau knew she wanted a male protagonist, but not a typical "dude."

Karl — a former guitarist in a 1990s alternative band that enjoyed a certain amount of success — initially comes across as emotionally stunted, but he grows to become Lena's caregiver, despite how much she fights him off.

"I wanted to write a feminist novel from a male perspective," she says.

Pulling together *Every Anxious Wave*, published by St. Martin's Press, required eclectic research. As an icebreaker at parties and bars, Daviau would

ask people "if you could go back in time to see any rock show what would it be?"

Thanks to a friend with a post-doctorate in astrophysics, she learned about the Einstein-Rosen Bridge, a hypothetical method of folding time, though she was never too concerned about its intricate mechanics, considering that Karl never really questions how the wormhole works.

"A lot of my hardcore sci-fi friends have taken me to task — that it's a weakness in the book that there's not a lot of explanation of the science behind it," she says, laughing. "I do cheat a little with his first-person voice."

As for her own rock 'n' roll time-travel fantasies? Daviau answers without hesitation: "The first-ever R.E.M. show in 1980 in Athens, Ga. The other would be the time I saw my favourite local Austin, Texas, musician David Garza play at the Continental Club ... He gave me a sweaty kiss on the cheek, and said, 'Hey girl, good to see ya.'"

Sue Carter is the editor at Quill & Quire magazine.

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Actors Andrew Herr (left) and Dylan Playfair star as hockey players in *Letterkenny*. CONTRIBUTED

Letterkenny is on the air

CANCON

From a silly YouTube series to The Comedy Network

Letterkenny may be the most Canadian TV comedy ever made. It premiered Super Bowl Sunday on CraveTV and is coming to The Comedy Network. The series was conceived by a bunch of guys who play hockey together.

It all began after a game, over beers. That one of those guys happens to be Jared Keeso helped. Keeso is one of the stars of Bravo's 19-2, the Montreal-based cop series entering a third season. He also played a young Don Cherry in a couple of CBC TV-movies about the colourful Coach's Corner star.

The Canadian Screen Award winner is originally from Listowel, a farming town of about 7,000 residents in southwestern Ontario. Letterkenny (a name plucked from a map of Ireland) is basically Listowel cranked up a notch.

Keeso was having beers with his buddy Nathan Dales after a game in their Vancouver recreational league. They bonded over their love of the Calgary Flames. Keeso and Dales eventually started working on several web series ideas, short comedy sketches goofing on sports fans.

"We were riffin' on text messages based on that Flames thing," says Dales. "Things just started snowballing."

Videos were posted on You-

Tube, but it wasn't until Keeso suggested another idea — based on the peculiar way he and his buddies would speak back in Listowel — that things really started taking off.

Their Letterkenny Problems YouTube videos soon had more than 10 million views.

The web videos show Keeso and Dales basically mouthing off as characters Wayne and Daryl. It's all based on "chirping," the deadpan put-downs dudes from small-town southwestern Ontario string together. These zingers are part of their farmland DNA.

One of the less profane examples: "Buddy, you're softer than a Tootsie Roll fruit cup."

Keeso says it was the language of his youth. "You've heard that dude who talks like that for some reason," he says. "His sister doesn't talk like that. His mom doesn't talk like that. Maybe his dad does."

When Keeso started hearing hockey buddies in Vancouver chirping the same way, he realized the language may be universal. Through Facebook and Twitter, he started receiving messages from fans in North Dakota and Minnesota saying, "This could be here."

Keeso started keeping his iPhone handy to record kooky phrases. "I take gems from just about everywhere," he says. "The thing about small-town charm is people don't know how much gold they're packing there. People just toss out things (that) take me to my knees sometimes."

THE CANADIAN PRESS

UPCOMING

New Potter book coming to the muggles

The world is getting an eighth Harry Potter book.

Everyone's favourite wizard is back this summer in Harry Potter and the Cursed Child Parts I and II.

The book is based on one of the first scripts of the play debuting in London this year, conceived by J.K. Rowling, playwright Jack Thorne and theatre director John Tiffany.

If you were already hoping for a Cursed Child tour,

you're in luck. No need to head to London, you and your Muggle money can pick up a copy July 31, 2016.

The setting is 19 years after the final epilogue in Harry Potter and the Deathly Hallows, where Harry is at platform nine-and-three-quarters, bidding farewell to his children on their way to Hogwarts.

The synopsis of the play was posted on Pottermore.com, J.K. Rowling's Harry Potter fan site,

back in October 2015.

It was also tweeted out by Rowling.

Harry is working at the Ministry of Magic and will play a role in the book/play, but it will likely focus around Albus Severus Potter, his and Ginny's youngest son.

The first seven Potter books have sold more than 400 million copies worldwide, according to Scholastic, the series' U.S. publisher. REBECCA WILLIAMS/METRO WITH FILES FROM THE ASSOCIATED PRESS



J.K. Rowling THE ASSOCIATED PRESS

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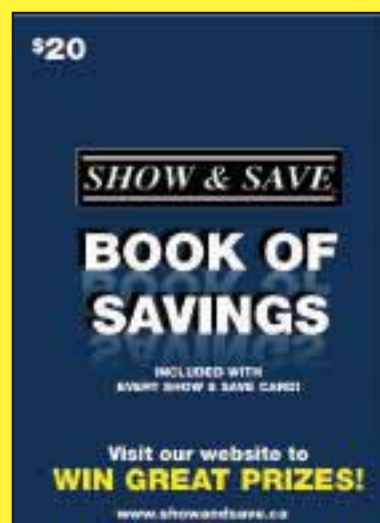
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JOHANNA SCHNELLER
WHAT I'M WATCHING

Comedy gets to messy heart of love

THE SHOW: *Catastrophe*, Season 1, Episode 4 (Shomi)
THE MOMENT: The Wave

Sharon and Rob (Sharon Horgan, Irish, and Rob Delaney, American, who also write the show) are having a rough patch. Not only did she get pregnant the week they met, their baby may have Down syndrome. Sharon doesn't know "if I'm a good enough person to be able to look after a disabled child." Now, in a supermarket, her phone rings. It's the results of her amniocentesis.

Sharon nods. Her knees buckle. Rob finds her lying on the floor. "The hospital called," she says. "It's all OK."

Here's the thing about *Catastrophe*: it's a comedy. A clever, grown-up comedy, about two 40-somethings who are long past believing in happily ever after but decide to make a go of it anyway.



Horgan and Delaney, writers and co-stars of *Catastrophe*, a comedy about 40-somethings thrown a curveball. CONTRIBUTED

But because it's made by adults, it also finds room for this scene, which follows the supermarket: Sharon, waiting in a taxi queue, spies a little girl with Down's, who waves at her. Sharon catches the mum's eye. "She's gorgeous," she says.

"She is, isn't she?" the mum replies. Sharon looks away and the feeling that floods her face is remarkable: she's stricken, relieved, guilty, everything, all at once.

There are a dozen series out there about young people struggling to believe in coupledness. *Catastrophe* goes deeper, to the messy heart of what love is. When a show that makes you laugh throughout suddenly makes you cry? Not by manipulation, but by recognizing a character's ambivalence? That's gorgeous.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Oh takes issue with racial casting for animated roles

DIVERSITY

Star picks her battles in fight to change Hollywood

Sandra Oh is bringing the diversity debate to the world of animation. The former *Grey's Anatomy* star says race seems to have been a bigger factor in landing animated parts than her various film, TV or theatre gigs.

"I have been more and specifically typecast, if one can say that, in animation than in anything else," Oh said in a recent call from Los Angeles.

"All the characters I've played are specifically Asian. And I don't particularly think that I have a specifically Asian voice."

The Ottawa-bred Oh has lent her vocal talents to projects including *American Dad*, *Phineas and Ferb*, *American Dragon: Jake Long* and *Mulan 2*.

She'll next be heard in the Canadian animated film, *Snowtime!*, about a group of kids from a small village who embark on a massive snowball fight. It opens across Canada on Friday after pulling in more than \$3 million at the Quebec box office.

Oh said she relished the chance to get to play a boy in the film — a nerdy genius who builds an intricate snow fort at the centre of the battle. Her character Frankie isn't obviously Asian, but his skin is slightly darker and his eyes appear slightly smaller than other characters.



Hollywood's diversity problem: Sandra Oh, who has lent her voice to many animated projects, is speaking out about the lack of work available for minorities. TORSTAR NEWS SERVICE



Do I ever expect to be in a Woody Allen film? No. Why? Because he doesn't hire people who are not white.

Sandra Oh

Producer Marie-Claude Beauchamp acknowledged in an email that Frankie has some Asian traits, but said "being Asian had nothing to do with the decision to cast Sandra Oh in the role."

Without directly referring to her *Snowtime!* experience, Oh said she's always found it "very

curious and annoying, that I've been more racially typecast in animation."

"I remember one time — this is years ago — just going, 'Why am I only going out for the Asian animated character?' And then trying to kind of make headways into like, 'Oh, can I be the Barbie voice? And not Barbie's doctor or something like that?' But no."

Oh said she's heartened by the current diversity discussion surrounding the Academy Awards, which has the ignominious honour of celebrating all-white acting nominees for the second year in a row.

But the problem is really with the film studios, said Oh, an academy member whose big screen roles include *Sideways*, *Rabbit Hole*, *Tammy and Blindness*.

"The academy is like the tip

of the iceberg. If there's nothing to vote for, then there's no one to reward," she said.

"A way bigger challenge, or battle, is to help change the entire Hollywood system."

When it comes to chasing roles, Oh said she picks her battles carefully. She's not interested in working with anyone who hasn't displayed a willingness to embrace diversity.

"There are plenty of places that I'm not interested in going into because what's the point, they're never going to hire me," she said, reviving long-standing complaints surrounding one Hollywood heavyweight. "Do I ever expect to be in a Woody Allen film? No. Why? Because he doesn't hire people who are not white. So don't go down that alley." THE CANADIAN PRESS

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Janine Falcon

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This playful gift box is stocked with future bath time fun as well as a tasty lip scrub and lip balm saucily named The Kiss. Lush Love and Kisses box, \$54.95 at Lush stores, lush.ca.

Organic oils

Bouquets are pretty, but instead think organic rose essential oil + organic hand-pressed argan oil for soft, supple skin. It's the gift that keeps on giving. Leaves of Trees Rose Argan Oil, 50 mL, \$95 via leavesoftrees.com.

Soothing baths

This clever bathbomb soothes tired muscles with Epsom salts and avocado oil, and invigorates the spirit with grapefruit

Consonant Skincare Muscle Relief Bath Bomb, \$9 at consonantskincare.com.

Soft skin

Give hardworking hands loving care with a luxurious anti-aging duo that rapidly improves skin tone, firmness and texture, all with a lovely geranium and mandarin scent. Margaret Dabbs Fabulous Hands serum and lotion, \$75 and \$30 respectively; 1-877-787-5273 for retailers.

Time for love

She'll wear your heart on her wrist with this colourful watch that reveals its inner ticking, too. Swatch Tender Present, \$90, swatch.com for retailers.

Luscious lips

This creamy, sweet berry-blush lipstick by superstar makeup pro Charlotte Tilbury is enriched with lip-loving emollients and antioxidants, and housed in a glamorous, show-off-worthy case. K.I.S.S.I.N.G. Lipstick in Kiss Chase, \$38 at Holt Renfrew, holtrenfrew.com.

No wait watches

An elegant Swiss timepiece crafted by one of the world's oldest watchmaker brands is the ultimate heirloom accessory for him. Longines Conquest water-resistant sport watch, \$1650, longines.com for retailers.

Smell of sunshine

This delightful fragrance is a fresh field of pink roses drenched in spring sunshine, carefully captured in a bottle. At Caudalie Rose de Vigne Eau Fraiche, Caudalie spas and Sephora, sephora.ca.

Cute cuffs

He doesn't need a bad-boy attitude or a worn guitar to sport this sleek cuff — but he can pretend for you. Brave Marcheline Metallic Cuff, \$79, braveleather.com.


Pretty purse

Adorable and flirty, this heart-shaped cross-body purse makes a sweet statement. \$45 at Indigo stores, indigo.ca.

Heat is on

This smoky, woody scent with a hint of caramel evokes impressions of a just-stoked fire and intimate tete à tete in front of the crackling hearth. And you can both wear it. Maison Margiela By the Fireplace, \$125 at Hudson's Bay, thebay.com, and Sephora, sephora.ca.

Good with gold

Make her melt with a hug and a kiss in 14K rose gold and white diamonds. Dana Rebecca Designs Initial Cuff, \$1650 US, danarebeccadesigns.com.



- ① Longines Conquest watch, \$1,650, longines.com
- ② Cross-body purse, \$45, indigo.ca
- ③ Caudalie Rose de Vigne Eau Fraiche, sephora.ca
- ④ Lush Love and Kisses box, \$54.95, lush.ca
- ⑤ Marcheline Metallic Cuff, \$79, braveleather.com
- ⑥ Leaves of Trees Rose Argan Oil, \$95, leavesoftrees.com
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Marc Saltzman

Resist the predictable this Valentine's Day.

In other words, why buy your sweetie flowers or fancy bath soaps when you can wow your better half with some hot high-tech goodies?

Granted, an activity tracker or tablet costs more than a box of chocolates from the corner store, but your significant other is worth it.

Love-birds who want to impress their partners this Valentine's might consider one of the following tech toys for him or her, which range in price from \$18 to \$400.



Lay me some skin

Why should your smartphone look like everyone else's? Instead, decorate your device with high-quality skins from Nuvango (from \$18.00) that affix to the back of your favourite

gadget, such as a smartphone or tablet, to give them some unique flare.

A percentage of each sale goes to the artist, or you can upload your own design to create a custom, one-of-a-kind skin, such as a family photo. Custom cases start at \$29.00. At nuvango.com

Fitness first

If your better half said his New Year's Resolution is to lose a few pounds, but they need a little motivation, consider picking them up the Fitbit Flex Fitness Tracker, on sale for \$99.99 until Valentine's Day. This water-resistant wearable lets you set a daily goal — such as a specific number of steps taken, distance traveled or calories burned — and the lightweight clip-on keeps track of your daily progress, awards you trophies, and syncs with devices for a deeper dive.



“convertible” device with a 10.1-inch screen on a magnetic hinge. When you no longer need the keyboard and trackpad, simply detach the screen and take it to the couch or coffee shop to flick through ebooks, videos, or games.

Bluetooth beanie

Dress warm for the winter and still be able to take calls and hear your tunes. As the name suggests, Casco's Blu-Toque is a Bluetooth-enabled toque with built-in headphones that you wirelessly stream music, audio books, podcasts or calls from your nearby smartphone.

Available for \$49.99, these knitted caps will keep you warm — yet connected up to 30-odd feet away from your music source — and it's available in multiple colours and styles to choose from.

Jogging companion

Another wearable for your special someone, is the TomTom Spark (\$299) stores up to 500 songs on your wrist to keep you entertained and motivated while exercising (via Bluetooth headphones).

It's also a fitness tracker, so it can monitor your time, distance, heart rate and calories burned, and comes equipped with a voice coach that talks you through reaching your goals, in real-time.



Cast it to me

If your TV is more dumb than smart, you can change all that for a mere \$45. The new and improved Google Chromecast plugs into your HDTV's HDMI port and joins your home's Wi-Fi network, so you can easily access on-demand video and music from popular services, such as Netflix, YouTube, and Google Music, to name a few.

What's more, you can wirelessly stream your favourite apps from your compatible phone, tablet or laptop, to your television.



Double duty

Why gift a tablet when it can be a tablet and laptop in one? Available in multiple colours — including Sunset Red for Valentine's Day — the HP Pavilion x2 (\$399.99) is a Windows 10- and Intel-powered



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- 5 Casco's Blu-Toque, \$49.99
- 6 Google Chromecast, \$45

Gifts for four-legged friends

PETS

Don't forget to show your love to that special dog or cat

Heather Beaumont

While some romantics might stress about Valentine's Day, when it comes to showing their precious pets some love, animal lovers seem to have more fun.

A variety of gift ideas are available from local pet supply and grooming stores — and even animal lovers can indulge with fun gifts and books.

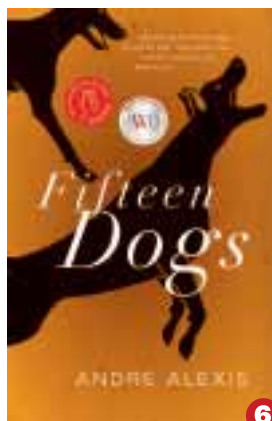
Cuddle Clones are custom-made, plush look-alikes of your beloved pet rabbit, dog, cat, horse or any other animal of your choice. Send a picture of your pet to cuddleclones.com and choose from options that describe your pet's eye colour, body, tail and ear position. Within about two months, you'll receive a stuffed replica of your beloved pet. Depending on the animal's size, prices range from \$250 to \$350 (shipping costs not included).

A special Valentine's promotion of \$400 (regular value, \$500) runs throughout the year. Sign up and receive 20 per cent off All Good Dog Food for the first three months.

The **Whisker City Heart & Kitty Cat Bowl** holds up to 10-fluid ounces, available only at PetSmart stores for \$7.99.

Keep your dog warm and cosy in a **Red North Fetch quilted puffer**. Water-resistant and fleeced lined, this item comes in a full coat or vest, \$19.97 to \$27.47. For more information, visit petsmart.ca.

Track your dog's activity level with a **Fitbark Wireless Dog Activity Monitor** (available



in baby pink; cool grey and light blue). The Fitbark awards your dog BarkPoints and monitors rest and play time. Use the monitor in real-time with iOS and Android apps. Priced at \$129.95 and available at Indigo stores, indigo.ca.

Can an old dog learn new tricks? You may just find out when you read André Alexis' award-winning novel, **Fifteen Dogs**. A group of dogs in a Toronto veterinary clinic develop the ability to reason and use language, courtesy of the gods, Hermes and Apollo. Price: \$17.95 at Indigo stores, indigo.ca.

What is it about felines and Paris? Cat lovers can while away their time flipping through or choosing colors for the illustrated, adult coloring book, **Cats in Paris**. Billed as the magical colouring book, this book reveals the secret world of cats in Paris with familiar and feline-friendly sites, \$19.99 at Indigo stores, indigo.ca.



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Culinary classes can be a fun way to cook up a little romance. iSTOCK

Unwrapping the gift of a couple's getaway

THINGS TO DO

Do something different and give a little time this year

Tanya Enberg

From snowshoeing and hiking at a cosy cabin retreat to heating things up in the kitchen, with Valentine's Day falling on a long weekend this year, it is a great time to squeeze in a mini getaway. Here are five fun ideas for creating a special escape with your loved one.

Culinary classes

Take plans for an intimate dinner one step further by making it together. Master a wine reduction sauce, grill perfectly seasoned steaks for two, and discover the art of fresh pasta making learning valuable tricks from seasoned chefs during a weekend culinary getaway.

For foodie couples and amateur home cooks alike, consider this a fun and flavourful recipe for romance.

Casino weekend

Bust out the halter dress and Frank Sinatra-inspired swag-



Getting out into the outdoors and away from life's distractions might include a little cross-country or downhill skiing. iSTOCK

ger while testing your luck at the casino. Most casino towns are ripe with action beyond the chips, from hole-in-the-wall diners and high-end eateries, to lively bars, stage shows and museums along brightly lit neon strips (think Niagara Falls and Atlantic City). It's the best glittery backdrop for a non-traditional, action-packed weekend.

Rent a home away from home

Fully stocked with all the essentials, renting a house for the weekend is a simple and easy escape featuring all of the creature comforts of home. Wheth-

er exploring another neighbourhood in your own city or a new one altogether, it's a great way for couples to step out of the day-to-day and hit the refresh button. Get your search started on airbnb.ca or homeaway.ca.

Cabin retreat

Take a break from digital distractions and to-do lists for a truly bonding retreat at a winterized cabin or bed and breakfast. Spend your days absorbing nature while snowshoeing or hiking the trails.

Go for a light skate and peruse local shops and attractions. At night, slow the pace down

TIPS

How to plan a surprise weekend escape:

- Make sure your partner's schedule is clear before you book
- Book your getaway using a payment card that's in your name only to ensure the utmost secrecy
- Be sure to clear the browsing history on your computer
- Throw your lover off track with a gift-wrapped box with the trip details tucked inside

even further by snuggling up by a crackling fire and sipping oversized mugs of hot cocoa.

Ski adventure

For snow-loving couples, renting a ski chalet for the weekend may be the magical ticket to romance and adventure.

After a day of snowboarding or skiing, head to the spa for a couples' massage to help nurture aching, après-ski muscles. Make a reservation at a nearby restaurant, simmer down with a drink by the fire, and hit the sheets early so you can get a few morning runs in on some fresh powder.

Trying to start over this Valentine's Day



Valentine's Day can be hard for the newly single. ISTOCK

LIFE POST-EX

Don't worry, you can still celebrate love after break-up

Tanya Enberg

The sudden spike in last-minute greeting cards and boxed chocolates sales can only mean one thing: Love is in the air.

And so is Valentine's Day pressure, especially so for the newly single and those finding themselves in the unfortunate, emotional tailspin of pining for an ex.

Amid the swell of tangy, too-sweet candy hearts, wiping the love slate clean can prove to be particularly needling this time of year, with a surge of post-break-up regret sometimes reappearing.

"It's really common to feel post-relationship panic and sometimes even regret," says relationship therapist Dr. Kimberly Moffit.

"In my experience, this is almost always a fear of the unknown: detaching from your comfort-zone, being alone in the world, and trying to find a new relationship."

However, experiencing a surge of nostalgia or anxiousness doesn't mean that reuniting is wise.

"This reaction usually happens when the breakup was in fact the right decision, but we are left to face the fears of being single in today's world," says Moffit.

"It's important to remind ourselves that in most cases, the breakup was not a snap judgment."

She says that it can take many months, even years, of contemplation, before making the tough decision to end a relationship.

A survey of 500 Canadians by dating site EliteSingles found that ending a relationship and moving on is anything but easy.

Of those surveyed, 42 per cent said they regret dumping their partner. More than half said they would give a past union another shot if given the chance.

"There are always people who want to try again," says Moffit.

"Research shows that almost 50 per cent of us have gotten back together with an ex. In some cases, it's the sex, love, pressure of holidays, or fear of spending time alone, but the vast majority, from my experience, get back together with a wholehearted belief that the partner either has changed or will change."

Can that work?

On rare occasions, she says.

"A behaviour change is almost always temporary in relationships, but I have seen cases where things have worked out and the couple ended up in a happy long-term relationship."

Certainly, letting go can be difficult, and those nursing still tender hearts may find it impossible to ignore Valentine's Day entirely, but they can give it a fresh, new spin.

"Valentine's Day doesn't have to be painful," says Moffit.

"It's a day to celebrate love, and love can mean a variety of different things to different people. It's simply about changing our outlook. Spending Valentine's Day baking cookies with your nieces or making cute cards with your grandma are alternative ways to celebrate love."

+ THE DETAILS ON DIVORCE

Top Breakup Reasons

- 65% say they've ended a relationship due to lack of love
- Ranking second is unsatisfying sex at 30%
- Other reasons include falling in love with somebody else (25%) and disliking a partner's family (22%)

(Source: EliteSingles)

Is that divorce in the air?

According to Divorce Angels, an online support network, the first Monday in January is sometimes called "divorce day" by family lawyers across Canada, with some claiming it's the busiest time of year for receiving inquiries from clients.



Bake cookies with your niece. ISTOCK

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MEET THE CONDO

Prairie living near the 'Peg

Project overview

It's rural living just minutes from the big city. Prairie Place is a housing development in La Salle, Man. The project boasts two-storey, detached, single-family style homes with rear detached oversized garages. Buyers get a big lot that's fully serviced in the Prairie View Lakes subdivision. The small town offers plenty of amenities including a school.

Housing Amenities

There are four home models to choose from and 10 colour combinations. All plans feature an open concept main floor with a bathroom and either a peninsula or island kitchen. High-end laminate counters and commercial grade luxury vinyl plank flooring are standard. Upstairs, master bedrooms have huge walk-in closets. A high-quality driveway and piled foundation are also included.

In the neighbourhood

La Salle is a town of 3,000 south of Winnipeg. It's only a few minutes to Kenaston Boulevard and the Perimeter Highway. Plans are underway for the 4.5-acre Manness Family Park that will include a playground and obstacle course, community garden, picnic area and more walking trails. All subdivisions are built above the 100-year flood-zone.

Location and transit

The Prairie View Lakes subdivision has two huge lakes, endless walking trails, bike paths and lots of green space. It's a short walk to the school, the newly constructed La Salle Community Centre and all the amenities of the town's main street including banking, grocery, a gas station, restaurants, a pharmacy and more. It's less than 20 kilometres to Winnipeg. SHEL ZOLKEWICH/FOR METRO

PRAIRIE PLACE



CONTRIBUTED

NEED TO KNOW

What: Prairie Place	including lot and net GST.
Builder and designer: Ventura Developments Inc.	Model: All three bedrooms, some with one and a half baths, some with two and a half baths
Location: Prairie View Lakes in La Salle, Man.	Status: Now selling
Building: 80 two-storey detached single-family style homes with private yards	Occupancy: Six months from purchase
Sizes: 1,214 sq. ft. to 1,552 sq. ft.	Sales centre: 52 Fourth Ave., La Salle, Man. Call for an appointment.
Pricing: Starting from \$269,990	Phone: Blake Vasko, (204) 298-6608

TRENDS

Welcome to the agrihood: homes built around farms



Workers prepare growing beds near Golden, Colo. When mature, flowers and edibles will be sold directly for processing or be eaten raw by people who live nearby. AGRIBURBIA LLB/CONTRIBUTED

Communities with houses clustered around swimming pools, party rooms and fitness centres are common in many suburban areas. But homes built adjacent to functioning farms?

Welcome to agrihoods — pastoral ventures with healthier foods as their focus.

This farm-to-table residential model has been sprouting up everywhere from Atlanta to Shanghai. It involves homes built within strolling distance of small working farms, where produce matures under the hungry gaze of residents, where people can venture out and pick greens for their salads.

“Real estate developers are looking for the next big thing to set them apart,” said Ed McMahon, senior resident fellow

with the Urban Land Institute in Washington.

There are many variations of the agrihood. “Some developers rent acreage to farmers,” he said. “Some set up non-profit C.S.A. (community-supported agriculture) programs. Some have the residents doing it (the growing) themselves.”

Agrihoods frequently include farmer’s markets, inns and restaurants sited in communal hubs where the edibles are processed or sold.

A lot of things are driving the trend, McMahon said. Many purchasers are second-home buyers, retirees or parents of young children.

“They tend to be what I call the ‘barbell generation,’” he said. “The millennial generation that

wants fresh everything, that wants to know where their food is coming from. Also the senior generation, the baby boomers. They don’t want big yards to take care of anymore.”

Prices tend to be a lot cheaper for agriculture-centred dwellings than for homes facing golf courses. Many golf course developments also face concerns about water shortages; some are being pushed toward becoming food-based operations, said Matthew “Quint” Redmond, owner of Agriburbia LLB, a Boulder, Colorado-based business that designs, builds and operates farms.

“The issue is making more calories out of the water we have,” Redmond said. “Growing things that are better for you.... We’ll be seeing a lot of golf course

conversions in the next 10 to 15 years.”

Clay and Roz Johnson moved to a farm-centred community called Serenbe near Atlanta when their second child arrived and they wanted more space. About 70 per cent of the 1,000-plus-acre property is green space, and their home abuts the barn.

“I’m looking at it out my back window,” Clay Johnson said. “I’m watching some free-range chickens.”

“When we had our second child, I didn’t cook for several weeks because neighbours kept bringing over food,” he said. “It’s not just a farm but it creates a sense of community just like a church does.”

THE ASSOCIATED PRESS

Property Brothers urge caution

HOMEBUYER BEWARE

Get an agent in hot markets to determine true market value

Drew and Jonathan Scott live in Las Vegas, but the Property Brothers stars still invest in real estate in their hometown of Vancouver where red-hot home sales and prices show few signs of cooling.

"The big thing is we're seeing a lot of these houses that are selling for a million over list," said Drew, a real-estate expert who scouts and negotiates fixer-upper homes on the hit W Network series. His identical twin brother, Jonathan, is a licensed contractor and master builder who handles the renovations.

The Real Estate Board of Greater Vancouver said last month was the second busiest January on record as residential property sales in the region jumped nearly 32 per cent, compared to January 2015. The estimated price of an average home across Metro Vancouver surged nearly 28 per cent to just under \$1.3-million from January of last year.

Across Canada, the national average sale price for homes increased 12 per cent last December compared to December 2014, according to the Canadian Real Estate Association. When the greater Vancouver and Toronto areas were excluded, the increase was 5.4 per cent, CREA said.

Drew recommended would-be

buyers seek an agent to evaluate comparable sold properties to help determine true market value.

"Some people get into a big frenzy and they bid up, bid up, bid up, and they don't realize they're paying way more than the house is worth. You don't want to be in that situation."

"There are several times that we've looked at properties with clients, and they have all these things that they want to do. But every neighbourhood has

a cap for what you can do for an improvement and what people will buy and pay for in that neighbourhood."

Drew said another cardinal mistake prospective buyers make is embarking on the

process unprepared, including looking for properties when they're unaware of what they're qualified to spend.

"Have a home inspector ready to go. If you're going to do a renovation have a contractor ready to have a look at the place so you can come in right away with the strongest offer," he said. "That's why people miss out. It's because they're not prepared to pounce when they know it's the right property for them."

"Real estate is a great way to make money," he adds. "It's a great way to grow an investment over the years. However, if you're not ready to get into a property, or if you're not ready to get into a certain size of property, don't rush. The worst thing you can do is become house poor, and we want to make sure that people aren't."

THE CANADIAN PRESS



Property Brothers, stars Jonathan (left) and Drew Scott say that would-be investors should exercise caution more prudence than normal in markets where properties might be overvalued. HANDOUT

Build a New Home in Charleswood



RidgeWood West is Charleswood's newest development, bringing a diversity of home options to the southwest edge of Winnipeg. From estate homes overlooking pristine wetlands and secluded lots backing onto aspen and oak forests, to premium homes with easy access to the Harte Trail, RidgeWood West promises a living experience all homeowners can enjoy. Act fast and secure your building site in the community you know and love.

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+ RENOVATION COSTS

Bring a contractor on board

Enlisting a contractor who can provide a quote on repair or renovation costs can help support the efforts of an agent who can determine whether changes will be a financial boon or bust, Drew noted.

"Most people skip the step," added Jonathan. "They think: 'Hey, I want to renovate my house.' They just dive right in and they spend all this money and they don't think about the

fact that 'Oh, wait: Am I actually going to be able to get the money back out of the place if I have to sell?'

"I've had so many clients that have said to me: 'Oh, well, I know I'm overspending on the renovation. I'm doing a little more than I should, but I'm going to live here forever.' But circumstances change and a year later they have to move. So you always, always have to keep in mind that future resale value."



No. 1-ranked Lydia Ko says the Rio Olympics will be her top priority this year with golf in the Games for the first time since 1904

Meaning of gappiness

NHL

Grin and bear it: Pucksters say losing teeth is part of game

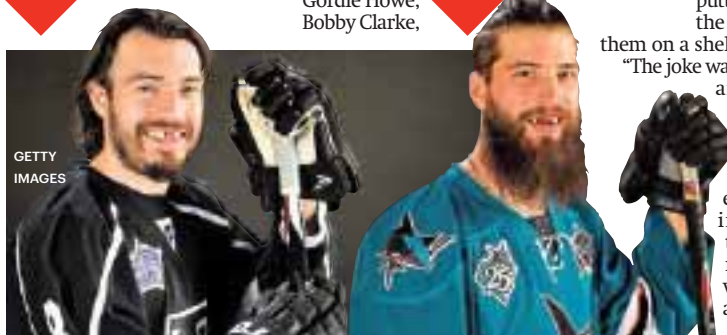
When Brent Burns packs his bags for road trips, the San Jose Sharks defenceman often leaves something behind: His cosmetic teeth.

"I don't wear them often," he said. "I usually find them in a drawer a couple months down the road and put them somewhere safe, forget where that is, and find them a couple months later."

Burns, a happy-go-lucky guy, said he is missing three of his real teeth and a fourth is "hanging

I definitely think a mouth guard helps. I probably should be wearing one.

Drew Doughty



GETTY IMAGES



Alex Ovechkin has become famous for his 506 goals and an increasingly haggard smile.

DREW HALLOWELL/GETTY IMAGES

on by a thread." He is holding out hope it won't join his other missing Chiclets.

"I need that one for corn on the cob," Burns said with a gap-filled smile.

Missing teeth have been associated with hard-nosed hockey for decades. Gordie Howe, Bobby Clarke,

I need that one for corn on the cob.

Brent Burns, who's missing three teeth with a fourth one loose.

Ken Daneyko, Stan Mikita and Bobby Hull all had grins famous for what's not there.

Casual fans might assume all players are missing teeth but there is far more interest in keeping the originals than there was in the 1980s, a time Kings coach Darryl Sutter recalls seeing players writing their numbers on coffee cups, putting their teeth in the cups and setting them on a shelf before games.

"The joke was switching teeth around," Sutter said with a sly grin.

Hall of Famer Chris Pronger has great-looking chompers, though they're not the ones he was born with, and Winnipeg Jets

defenceman Dustin Byfuglien can pop a perfect-looking tooth in and out like he's a magician.

Despite player safety being scrutinized more than ever, hockey players are going to lose teeth. The only way to help would be to force them to wear full-cage masks and that is not going to happen any time soon, if ever.

If a player chooses to wear a mouth guard, he may help his chances of not having a concussion. His pearly whites, though, are still at risk.

"I've pulled teeth out of mouth guards," Detroit Red Wings equipment manager Paul Boyer said. "They're not designed to keep the teeth in the mouth."

When players do get hit in the mouth with a stick or puck during a game, they are moments away from getting professional treatment from a team dentist and perhaps an oral surgeon. The Nashville Predators and Los Angeles Kings are among the teams with a dental chair



7
Chicago's Duncan Keith had seven teeth knocked out by a puck in the Western Conference final-clinching game in 2011 against San Jose and quipped afterward: "You've got to leave it all on the ice."

in their arenas.

"We've got full coverage, too," Byfuglien cracked.

"An oral surgeon who can also do plastic surgery is ideal," added Pronger. "I had a nice set of teeth. Now, I've got new ones. And, I broke my jaw and you probably can't tell I had 50 stitches here and 27 there."

Unlike Byfuglien, Los Angeles Kings defenceman Drew Doughty doesn't wear his cosmetic tooth, which he calls "a flipper" because it makes his lisp worse. Doughty had all of his teeth until losing one last year and another early this season. One got knocked by a puck and the other by a stick.

Doughty acknowledges he has been lax about protecting his teeth, and brain, to some extent.

"I've been told I should many, many times," he said. "My team doctors want me to wear one. With my teeth being knocked out ... I don't really think the mouth guard would help in those situations. But for concussions, I definitely think a mouth guard helps. I probably should be wearing one, but I never have my whole life so I'm not going to start now." THE ASSOCIATED PRESS

AHL

Moose do well to get point

WEDNESDAY At MTS



The Manitoba Moose weathered a Texas-sized storm at MTS Centre Wednesday night, forcing overtime before falling 7-6.

The Stars struck with five straight markers to erase a 3-1 Manitoba lead, but the Moose charged right back with three goals in the final 10:02 of regulation to force 3-on-3 overtime.

Texas forward Jason Dickinson — who scored a pair against Manitoba on Tuesday — was deadly again, notching the 3-3 equalizer before clinching the shootout-winner with a smooth backhand move.

Moose rookie and Winnipeg Jets 2013 second-round pick Nic Petan tallied a pair of goals and added a helper to put the 20-year-old at seven goals and 25 points in 32 games since his AHL re-assignment after making the Jets for 14 games out of training camp earlier this year.

Scott Kosmachuk, Brenden Kichton, Matt Halischuk, and Julian Melchiori also scored for Manitoba.

The Moose (12-27-3-4) wrap up their six-game homestand with a pair of 2 p.m. matinees at MTS Centre over the weekend against the Chicago Wolves.

DARRIN BAUMING/FOR METRO

CFL

Jones busy putting his stamp on Riders

Chris Jones is taking the same approach to rebuilding the Saskatchewan Roughriders that has won Grey Cup titles in his previous CFL stops.

The Riders' head coach/GM was busy bolstering his defence Wednesday, the second day of CFL free agency. He agreed to terms with Canadian defensive end Justin Capicotti and signed linebacker Greg Jones and defensive backs Ed Gainey and Otha Foster.

Jones also added running backs Kendial Lawrence and Curtis Steele while acquiring

“You’ve got to play defence in order to win championships.”

Chris Jones

American offensive lineman Bruce Campbell from Toronto for a 2016 fourth-round draft pick. Linebacker Jake Doughty and punter Ray Early were released. "You've got to play defence in order to win championships,"

Jones told reporters Wednesday. "Everywhere we've been, we've been able to play good D and so adding these guys to what we already have is a good plus."

Jones knows what it takes defensively to succeed. He won a Grey Cup in 2002 as Montreal's defensive line coach before capturing titles as a defensive co-ordinator with Calgary (2008) and Toronto (2012). He led Edmonton to last year's league championship as the head coach but was still instrumental in the Eskimos' staunch defence.

THE CANADIAN PRESS



Defensive back Otha Foster reunites with coach Chris Jones in Regina. GETTY IMAGES

IN BRIEF

Jays, Donaldson come to terms on two-year deal

Third baseman Josh Donaldson and the Toronto Blue Jays have agreed to a two-year deal worth \$28.65 million US, the club announced on Wednesday.

The deal will see the 30-year-old Donaldson earn \$11.65 million in 2016 and \$17 million in 2017.

Donaldson was named American League MVP last season after hitting .297 with 41 home runs and a league-leading 123 RBIs in his first year with the Blue Jays.

THE CANADIAN PRESS

Wings beat Sens to spoil Phaneuf's Ottawa debut

Danny DeKeyser and Henrik Zetterberg scored early in the first and third periods to help the Detroit Red Wings beat the Ottawa Senators and spoil Dion Phaneuf's debut with his new team with a 3-1 win Wednesday night.

Petr Mrazek stopped 22 shots and his bid for a second straight shutout ended with 2:24 left when Zach Smith scored.

Darren Helm restored Detroit's two-goal lead with an empty-net goal.

THE ASSOCIATED PRESS

RECIPE Lemon Thyme Chicken



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner is pretty much our ideal February meal — it's hearty enough to enjoy as a winter, comfort meal but the bright flavours of lemon and thyme remind us that spring is just around the corner.

Ready in

Prep time: 10 minutes

Total time: 45 minutes

Serves 6**Ingredients**

- 8 chicken thighs (I buy boneless, skinless), cut into bite-sized pieces
- 2 glugs of olive oil
- 2 onions, diced
- 4 cloves of garlic, minced
- 1 lemon, cut 3 thin slices and juice the rest (you'll be left with about 1/4 to 1/3 cup of juice)
- 2 small-ish zucchinis, cut in half lengthwise and sliced

- 6 to 8 branches of thyme
- 2 cups low sodium chicken stock
- Salt and pepper to taste

Directions

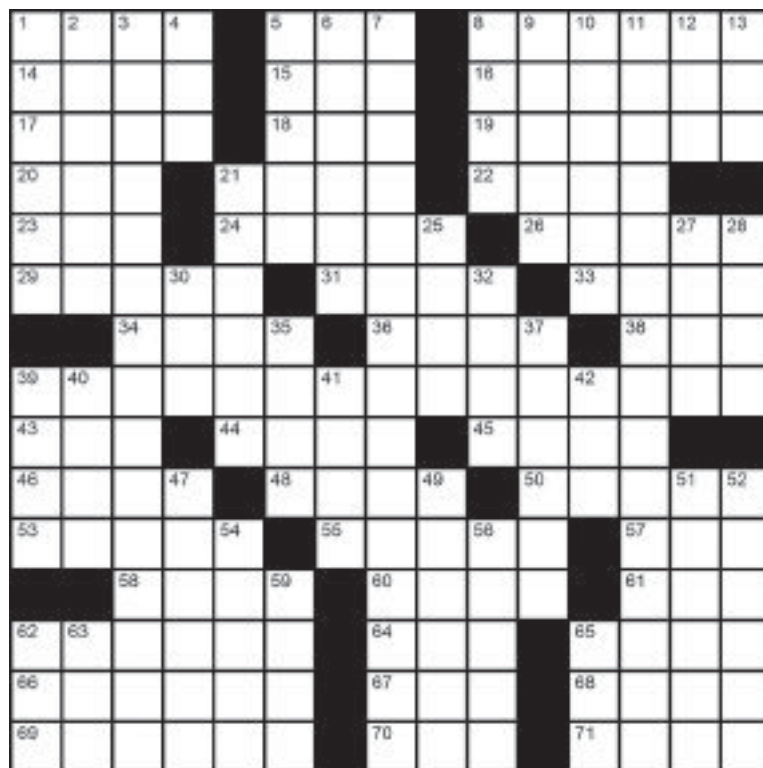
1. In a large pot or Dutch oven, warm up your olive oil over medium heat. Brown the chicken in batches — don't over crowd or the chicken won't brown nicely — but don't cook through. Place the cooked chicken on a clean plate. Drain all but 1 or 2 Tbsp of fat.
2. Put the pot back over medium heat. Sauté the onion, garlic, zucchini, thyme and lemon slices until the vegetables begin softening, about 5 minutes.
3. Add the chicken back to the pot and pour the stock and lemon juice over top. Give it all a stir, turn the heat down a touch and simmer for 30 minutes. Serve over couscous, rice or pasta.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. Float like an aroma
5. 1962: "___ a Rebel" by The Crystals
8. Theatrical digressions
14. Opera-style tune
15. "Diva ___ Dime"
16. Hollywood icon Marilyn
17. Endorse
18. Combine ingredients
19. Determined
20. Wynonna's actress sis
21. Kind of Lily
22. Atom Egoyan and David Cronenberg, e.g.
23. Gamble
24. Mythical maiden
26. ___ Rica
29. Vide ___ (Latin for 'see below')
31. Herman Melville's captain
33. Glance over
34. Glass-dropper's exclamation!
36. Balls
38. Previous
39. An ancient art of Aboriginal people is the embellishment of crafts, such as jewellery, with these materials made vibrant from natural dyes: 2 wds.
43. Heart
44. Canadian actress Jessica
45. Window ledge
46. Cottage lot size
48. Shreds
50. Chompers



53. Power up the brain
55. "I'm a ___ 4 U" by Britney Spears
57. French vineyard
58. Comet's follower
60. Unfortunately
61. Set___ (Arguments)

62. Maple, in Montreal
64. Feminine side
65. Pinball infraction
66. 'S' of CSNY
67. WSW's opposite
68. Beetle variety, ___ weevil
69. Trojan hero

70. Big ___ (Chewing gum brand)
71. Newfoundland & Labrador town: L___au-Loup

DOWN

1. Green condiment for sushi

2. Up and about, formal-sounding
3. What General Wolfe's soldiers would do in the Battle of Quebec in 1759: 3 wds.
4. Nylons shade
5. Comfortable
6. Conundrum

7. Musician like Juno-winner Richard Underhill: 2 wds.
8. Among
9. ___ boom
10. "This is so-and-so..." routines at parties
11. Fashion designer's offering: 2 wds.
12. Time division
13. Established
21. Snaffle like a shopper: 2 wds
25. Animal of Aesop's
27. ___ order
28. & &
30. ___-A-Fella Records
32. Uses the grill
35. Box
37. Hotel rooms
39. Excellent, slang-style
40. "I got stung!"
41. Goo Goo Dolls hit
42. Island: French
47. Facilitate
49. ___ solution (Contact lenses rinse)
51. Web forum nuisances
52. Disco song/dance, with The
54. To ___ Mockingbird
56. Like a barn topped with a functional rooster ornament
59. More or ___
62. Conductor, ___Pekka Salonen
63. Way to go, briefly
65. Acronym for a time as yet unknown

★ IT'S ALL IN THE STARS by Sally Brompton

♈ **Aries** March 21 - April 20
Others say that you are aiming too high and maybe they are right but they could also be worried that you will succeed in what you are trying to do and show them up in the process.

♉ **Taurus** April 21 - May 21
Don't let your personal life get in the way of your career. Business first, on this occasion friends and family should take a back seat. You can make it up to them later.

♊ **Gemini** May 22 - June 21
Be careful when talking to people who may not share your ideas or outlook. Not everyone will approve of your questioning and while you may not care what they think they can still do you harm.

♊ **Cancer** June 22 - July 23
It does not matter what others think, it matters only what your instincts tell you. And they're tell you "don't panic." Others can rush around but the best thing to do is to sit tight.

♊ **Leo** July 24 - Aug. 23
You cannot please everyone you have to deal with, so decide what relationships to focus on. Don't feel too bad about those you leave by the wayside — life does not have to always be fair.

♊ **Virgo** Aug. 24 - Sept. 23
Don't get too carried away today. Your enthusiasm could be a problem on the work front where, if you try too hard, colleagues and superiors may wonder what you're up to.

♊ **Libra** Sept. 24 - Oct. 23
Slow down and let the rest of the world catch up with you. But don't let anyone persuade you to give up on a long-term aim. Keep striving.

♊ **Scorpio** Oct. 24 - Nov. 22
It's not like you to keep loved ones on a short leash but for some reason you have been trying to curb their freedom. It won't work. You would not accept restrictions on your own movements so don't try to impose them on others.

♊ **Sagittarius** Nov. 23 - Dec. 21
What happened to your way with words? You seem at a loss to know how or why it has happened. You will find your voice again but, for now, be the strong, silent type.

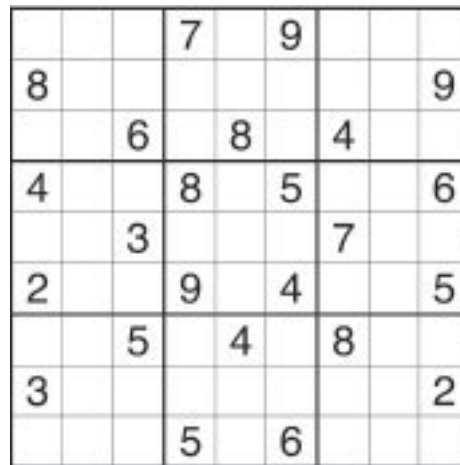
♊ **Capricorn** Dec. 22 - Jan. 20
You're worrying too much about your financial situation. And the more you worry the more likely it is that something will go wrong. Soon you'll look back and wonder why you made such a big fuss.

♊ **Aquarius** Jan. 21 - Feb. 19
Try to stay calm today. If you lose your head even a little bit you will very quickly go all the way. You're not always the logical, practical sort. You have emotions too.

♊ **Pisces** Feb. 20 - March 20
It will be easy to feel sorry for yourself today but it would also be a crime to waste your time and your energy on needless self-pity. If you feel a bit down snap out of it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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